



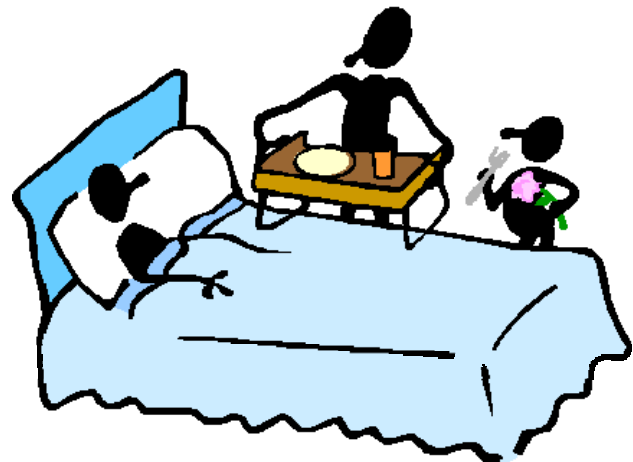
## Diabetes : Sick Day Management

(Your blood sugar may go up if you have a cold, flu or infection.)

### 1. Check blood sugar if you have these symptoms.

#### A. Symptoms

1. Fever
2. Loss of appetite
3. Nausea
4. Vomiting
5. Loose watery stools
6. Increase in thirst or hunger
7. Urinating causes pain



#### B. Monitor

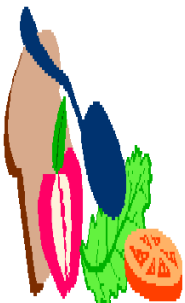
1. Before breakfast
2. Before lunch
3. Before dinner
4. Bedtime

### 2. Always take your insulin or diabetes pill even if you cannot eat your regular foods

### 3. Drink plenty of fluids

#### A. Eight ounces of calorie free liquids every hour (noncaffeine)

1. Water
2. Bouillon
3. Canned clear soups
4. Tea or Diet soda



**If you cannot tolerate liquids by mouth, see your doctor for antinausea medication or possible I.V. (in the vein) fluids.**

B. If blood sugar level is equal to or greater than 250 to 300 before your meal, continue to drink calorie free liquids.

C. If blood sugar is 180-250 before your meal, eat one food choice equal to 15 grams of carbohydrate.

Each of the following foods and beverages contain approximately **15 grams** of carbohydrates:

- 1/2 cup apple juice
- 1/3 cup frozen yogurt
- 1/2 -3/4 cup regular carbonated beverage (**not diet**)
- 1/2 cup regular vanilla ice cream
- 3/4 of a double-stick popsicle
- 1 cup gatorade
- 3 teaspoons honey
- 1/4 cup sherbet
- 5 Lifesavers
- 1/4 cup regular pudding
- 1 slice dry toast
- 1/3 cup sweetened Jell-o gelatin
- 1 cup broth-based soup
- 6 saltines

D. If blood sugar is equal to or less than 180 before your meal or urine shows negative ketones and food is tolerated, eat your usual meal.

**4. Check for ketones if blood sugar is equal to or greater than 240.**

**5. Please telephone your health care provider if you have any of these conditions.**

**A. Temperature equal to or greater than 101**

**B. Vomiting occurs more than once, CALL IMMEDIATELY**

**C. Breathing is difficult**



**D. Loose watery stools occur more than five times in a 24 hour period.**

**E. Blood glucose levels are higher than 300 after checking twice.**

**F. Urine ketones measure moderate or large.**

---

Copyright March, 1998  
UHC Nursing Services  
The University of Mississippi Medical Center  
2500 North State St.  
Jackson, MS 39216-4505

The University of Mississippi offers equal opportunity in education and employment, M/F/D/V.